

Westminster Council on Aging

July 2021 Newsletter

69 West Main Street, P. O. Box 212, Westminster, MA 01473



978-874-7402



Happy
Birthday
To All Seniors
Celebrating
In July!



*The Council on Aging Wishes to Extend
Our Heartfelt Sympathy to the Family & Friends of
~ Evelyn M. Giammalvo ~*



Westminster & Ashburnham SENIOR CENTER BARBEQUE

Friday, July 9 / 12:00 Noon

Held at Westminster Senior Center

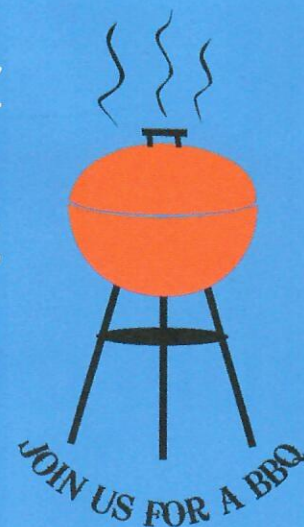
Sign-up Required

Please RSVP: 978-874-7402

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Seating Limited.
Please be sure to call early!



Elizabeth Kalmansson, Attorney at Law

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It is important to have a plan for the future. With a few simple documents, we can help to ensure that you and your estate will be taken care of according to your wishes. Our basic estate planning package is sufficient for most clients and very affordable.

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**PROTECTING SENIORS NATIONWIDE
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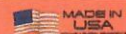


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Summer Safety Grab & Go

Offered by: Michele Morin, Community Relations
Gardner Rehab & Nursing Center

Swing by the Senior Center and receive a Gardner Rehab Beach bag filled with summer health & safety tips and must have summer essentials including sunscreen, lip balm, head gear, bottled water, a healthy snack & more!

Date

Wed, July 21st 1PM –
2PM

Please

RSVP By

July 12th

978-874-7402



GARDNER

Rehabilitation and Nursing Center

EVENT LOCATION: WESTMINSTER SENIOR CENTER

Please Note ~

The Westminster Senior Center
will be closed on Monday, July 5, in
observance of Independence Day.
HAPPY BIRTHDAY AMERICA!!



DIAL-A-LAWYER: Free Legal Advice by Phone for Elders. The Massachusetts Bar Association sponsors a monthly Dial-A-Lawyer program and encourages members of the public to call our hotline for free legal advice. Dial-A-Lawyer attorney volunteers are in good standing and have a wide variety of legal experience. On the first Wednesday of every month, from 5:30-7:30 pm, attorneys are available at (617)338-0610 or (877)686-0711 to answer questions on a variety of topics including family law, bankruptcy, employment, estate planning, real estate, consumer rights, and more.

BILL BJERKE of FALLON HEALTH MEDICARE will be at the Westminster Senior Center
Thursday, July 8 / 10:30 am-12:00 pm

All are welcome to join us and learn what Fallon has to offer. If you're getting ready for Medicare or have any questions with your current coverage, this is a great opportunity for answers!

B I N G O!

Westminster Senior Center

Every Tuesday, plus...

***Thursdays through July 8**

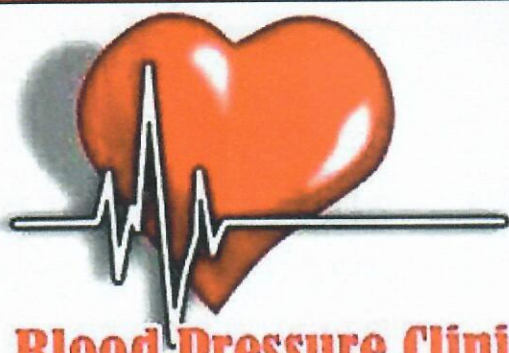
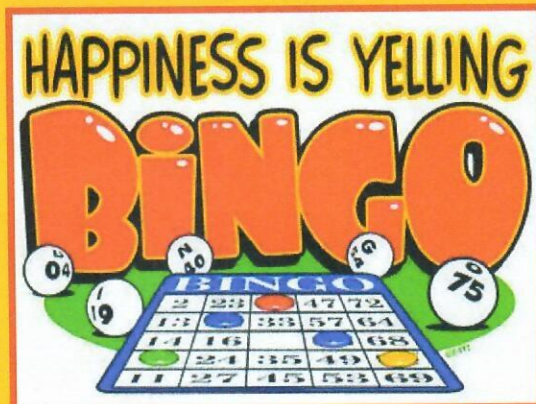
***Fridays beginning July 16**

1:00-3:00 pm

\$1 Per Card / 3 Rounds / Slide Window Cards Provided

Coffee & snacks available for small donation

Please bring small bills if possible



Blood Pressure Clinic

**Free Blood Pressure Clinic
with Eileen is back!**

Westminster Senior Center

**Every third Thursday of the month
Beginning July 15 / 11:00 am-12:00 pm**

No appointment needed.

ICE CREAM Meet & Mingle SOCIAL!



Westminster Friendship Club
Meeting & Ice Cream Social

* * * * *

Wednesday, July 7 ~ 1:00 pm
At the Westminster Senior Center

All are welcome to join our meeting and enjoy ice cream!

RSVP: Mary Lajoie at (978)827-4882 by July 1.

(If no answer, please leave message with name & how many attending.)

SAVE THE
DATE!

Worcester County Sheriff's Office

"Grab & Go"

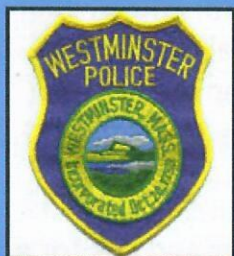
Saturday, August 21



Details to follow in Westminster Council on Aging's August Newsletter

Coffee with the Chiefs

Thursday, July 22 / 9:00 - 10:00 am



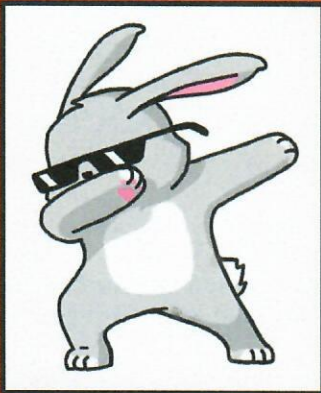
Join Westminster
Police Chief, Ralph LeBlanc
Fire Chief, Kyle Butterfield



All are welcome to stop in at the Westminster Senior Center to personally meet with the Chiefs of your Town in a relaxed setting.

Enjoy complimentary coffee while taking the opportunity to ask questions, voice concerns, and share community ideas.





HIP HOP DANCE

CHAIR EXERCISE FOR SENIORS

For Happiness & Health!

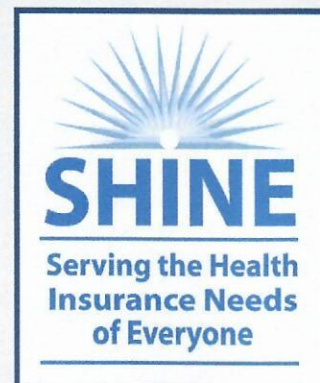
WEDNESDAY, JULY 14 / 1:00~2:00 PM

Instructor: Rondae Drafts, Ph.D.abd

PLEASE RSVP 978-874-7402 BY JULY 7

NEWS FROM SHINE

The Asset and Income for Veteran's Benefits (Chapter 115) Have Increased!



Great News!! The Asset Limits for Veterans Benefits in Massachusetts have increased significantly. Chapter 115 of the Massachusetts General Laws entitles Massachusetts Veterans and their spouses to reimbursement of their medical expenses if they meet certain income and resources guidelines. If you are a veteran, widow, or widower of a veteran with an income of \$2,147 or less and cash assets of less than \$8,400, or if you are a married veteran or married to a veteran and your combined income is less than \$2,904 per month and combined cash assets are less than \$16,600, then you may be eligible for these benefits. This program is an entitlement in recognition of your service. You may be reimbursed for your Medicare Premium and all your other health insurance expenses. If you meet these guidelines, contact your local city or town Veteran's Service Officer and tell them you would like to submit a Chapter 115 application for benefits. Any questions regarding these benefits, please call our Regional Office 508-422-9931.

Trained SHINE volunteers can help you. They provide unbiased, confidential counseling on all aspects of health insurance to anyone on Medicare. Call your local Senior Center and ask for a SHINE appointment. In Central Massachusetts, you can call 508-422-9931 or you can email us at info@shinema.org. For more information, visit our website: www.shinema.org.

The Westminster Council on Aging Board Meeting will be held Tuesday, July 13, 11:30 am at the Westminster Senior Center. This meeting is open to the public. All are welcome to attend.

INDEPENDENCE DAY WORD SEARCH



L	E	A	G	S	T	A	R	S	P	F
I	K	N	A	P	A	R	A	D	E	I
B	C	T	O	P	Q	L	B	Y	X	R
E	J	H	B	A	R	B	E	C	U	E
R	L	E	Z	T	P	U	T	T	F	W
T	A	M	E	R	I	C	A	N	R	O
Y	T	W	W	I	B	R	A	V	E	R
O	O	Q	P	O	J	C	D	W	E	K
P	R	Y	Z	T	J	U	L	Y	D	S
E	S	T	R	I	P	E	S	C	O	V
E	D	W	F	C	Z	E	Z	J	M	U



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thrive, grow and belong.

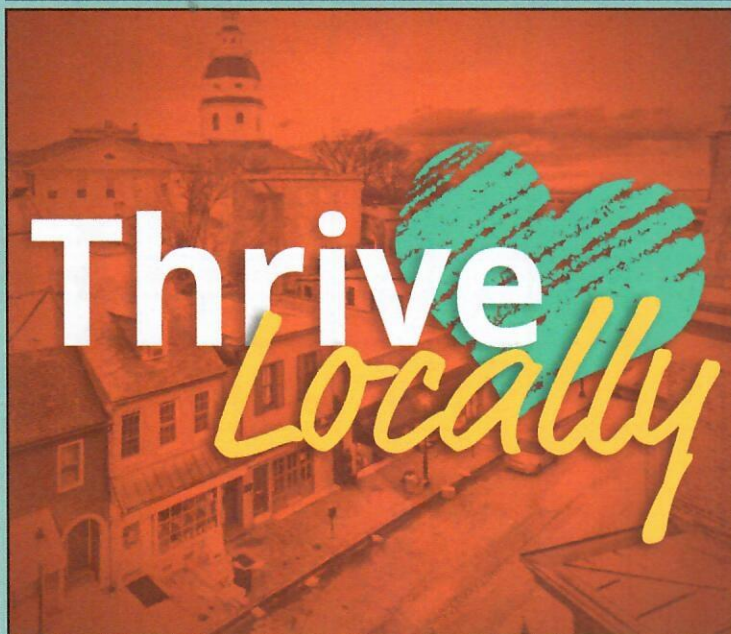
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